



DOWN EAST FAMILY YMCA

2015 Spring Season Newsletter

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Camp DISCOVERY

EARLY BIRD REGISTRATION ENDS MAY 8TH



DOWN EAST FAMILY YMCA

238 State Street, Ellsworth ME 04605

Phone (207) 667-3086, Fax (207) 664-0120, Web www.defymca.org, Social facebook.com/defymca

For Youth Development, For Healthy Living, For Social Responsibility

News & Upcoming Events

Annual Meeting & Awards Night

The Down East Family YMCA's Annual Meeting and Awards Night was held on Tuesday, April 14th in the gymnasium of the YMCA. The evening is principally a shareholder's report for the community. The Y released its financial statement from the previous year and recognized the individuals who have supported the institution.

The following awards were presented this year.

The Teddy Saunder's Award, presented to a local youth who is a well rounded athlete who exhibits exceptional sportsmanship, leadership qualities and role model characteristics. This year's winners are Mariah Brown, daughter of Troy Brown and Lori Rowley, and Mitchell Domagala, son of Tom and Corinna Domagala. Both Mariah and Mitchell are seniors at Ellsworth High School.

The Service to Youth Award was established to honor an individual whose efforts result in a positive outcome for youth of the Ellsworth Community. This year's recipient is Fred Berry. He is honored for his volunteer efforts with youth sports in Ellsworth. Mr. Berry and his wife Susan have three children, Andrew, Greg and Emily.

The Maralyn "Pete" Turnbull Volunteer of the Year Award is given to the individual who selflessly dedicates many hours of volunteer service to our organization. This year's recipient is Rob Shea. Mr. Shea is a long time volunteer in the Y's youth sports programming and serves on the Y's Board. Mr. Shea and his wife Karen have 2 children, Matthew and Sara.



Mariah Brown



Mitchell Domagala



Rob Shea, with daughter, Sara



Fred Berry

Break Week Fitness Schedule

April 20-25

Monday	Thursday
5:45-6:45am Group Cycle	11:00-12:00pm Walking Club
9:00-10:00am Yoga	12:00-1:00pm Group Cycle
10:30-11:30am Cardiac Rehab	12:10-12:50pm Jacked Zumba
12:10-12:50pm Zumba Toning	5:30-6:15pm TRX
5:00-5:45pm TRX	
Tuesday	Friday
11:00-12:00pm Walking Club	5:45-6:45am Group Cycle
12:00-1:00pm Group Cycle	10:30-11:30am Cardiac Rehab
4:45-5:30pm Bootcamp	12:10-12:50pm Zumba Toning
	5:30-6:30pm Bootcamp
Wednesday	Saturday
5:45-6:30am Group Cycle	No Zumba
6:45-7:15am TRX	9:00am Kaufman 5K
10:30-11:30am Cardiac Rehab	
12:10-12:50pm Zumba Toning	
5:30-6:30pm Zumba	

See page 6 for Spring Session Fitness Schedule

Accelerated Learn to Swim

April 20 - 24

This intensive session consists of a concentrated week of learning. With a lesson a day, swimmers will make tremendous progress by the end of this fun filled week. This is great for those looking to advance their level of swimming or for the absolute beginner. Aside from swimming skills, participants will learn waterfront safety and correct PFD usage.

See page 5 for more information about swim lessons.

Spring Session Swim Lessons

Beginning the week of April 27th

Despite what it may look like outside right now, summer is around the corner. Did you know that there is over 700 square miles of waterfront in Hancock County? Is your child ready for a safe summer in and around the water? Our swim lessons include a water safety component helping ensure that your child stays safe and knows their boundaries.

We offer swim lessons for all ages, starting as young as 6 months old. Lessons are offered at a variety of convenient times. Registration begins April 14th. The Spring Session lasts for 7 weeks.

The General Bryant E. Moore Community & Conference Center

The Down East Family YMCA is pleased to offer the Greater Ellsworth Community an opportunity to utilize the newly renovated General Bryant E. Moore Community and Conference Center. The center has been designed to offer flexible and affordable child care through the YMCA Early Learning Center and a Senior Center with a full array of activities presented by Friends in Action. The Moore Community and Conference Center also offers groups, individuals and businesses the ability to use or rent space for their specific needs.

The City of Ellsworth and YMCA have developed a usage and rental plan for groups to utilize the facility at a nominal cost (to cover the cost of operating the facility) or free dependent on the offering of services. The center is available for groups to utilize on Monday – Friday 6:30 am – 9:00 pm (scheduling is required), Saturday and Sunday dependent on need.

Fee Structure is available by contacting Amy Curtis at 307-0324 or acurtis@defymca.org.

- Non-Profit groups (501C3) not charging a fee may use the facility when available for FREE on Monday – Friday 6:30 am – 5:30 pm. A nominal fee will be assessed beyond these designated times.
- Non-Profit groups charging a fee or for profit businesses will also be assessed a nominal fee for usage.

ROOM AVAILABILITY:

- 13 Classrooms capable of accommodating 20-40 people dependent on room chosen.
 - 2 separate cafeterias capable of accommodating up to 40 people.
 - Gymnasium capable of accommodating up to 265 people.
 - Elaborate Conference/Meeting room with AV & conferencing options capable of accommodating 25 people.
 - A Beautiful Auditorium with state of the Art AV equipment capable of accommodating up to 165 people.
 - An Atrium Area capable of accommodating up to 210 people.
 - A fully equipped Chef's Kitchen
- For More information regarding fees & room availability please contact Amy Curtis at 307-0324 or acurtis@defymca.org.

2015 Road Race Schedule

Our 2015 Road Race schedule is now set, except for the Dare to Tri Triathlon which will be scheduled soon.

Mark your calendars.

- KAUFMAN 5K** April 25th
- MEMORIAL MILE** May 25th
- BLUE HILL MEMORIAL FUN RUN** August 1
- WILBUR'S RUN** September 5th
- ROGER WILLEY 5K,10K** Sept 26th
- PUMPKIN 4K** September 27th
- VETERANS 4MILER** Nov 8th

Call the Y if you or your business would like to sponsor or volunteer for one of races.

GET MOVING WITH ROBIN

If you need a little extra help reaching your running goals, whether it's improving your time, or simply getting the courage to try one of the races, contact Robin. Robin was recently certified as a Running Fitness Instructor through the American Sports & Fitness Association.



Swim Team Spring Session

Beginning the week of April 27th

Looking for something new for your athletic child? Want to be a part of one of the most successful sports programs in Maine?

The Dolphins are offering a program for swimmers with little to no competitive experience. We are offering a Spring Flipper's Program for kids age 5 - 8 and a Junior Dolphin program for those age 9-12. You'll be amazed at the progress your child will make swimming just 2 to 3 days a week.

Returning Dolphins practices will also begin the week of April 27th.

See page 5 for information about the Dolphins.

Like us on Facebook to get all our latest news.
[Facebook.com/defymca](https://www.facebook.com/defymca)

CAMP DISCOVERY & EARLY LEARNING CENTER

Camp DISCOVERY on Webb Pond

We are extremely pleased to announce that Sarah Robinson will be returning as our Camp Director this year. This will be Sarah's 5th year at Camp DISCOVERY, and she is bringing back a super staff, including Pioneer Director, Jim Tracy, along with Bri Reardon, Chris Kravitt, Barbie Engstrom, Mary Richards, Josh Carter, Jen Meyers, Jessie Dyer...and more!

New This Year

FREE LUNCH PROGRAM! We will be offering our delicious, nutritious lunch program at no additional charge for our Rangers, Explorers & Pioneers!

LEARNING LOSS PROGRAM. We will offer this program, with an emphasis on reading & math skills retention, for our Scampers & Rangers to ensure an easier transition back to school in September.

PIONEER ADVENTURES. Several times this summer the Pioneers will head off camp for a field trip adventure.

Part Time Choices

In order to meet the many needs of local families, we have instituted Part Time Choices for Camp this summer.

Full Week:
\$150 per week for members,
\$160 for supporting communities
\$170 for non-members

Monday/Wednesday/Friday:
\$115 per week for members
\$125 for supporting communities
\$135 for non-members

Tuesday/Thursday:
\$100 per week for members
\$110 for supporting communities
\$120 for non-members



CAMP DATES, HOURS & TRANSPORTATION

Camp begins June 24th, the day after the last day of school for RSU 24. Camp is offered through September 4th. Sign up for one week, partial weeks or all summer long. Our schedule is designed to meet the needs of the working family. Camp is offered Monday through Friday from 7:00am-5:30pm, rain or shine. Although Camp is located in a secluded location, we offer convenient drop off and pick up at the YMCA. Buses leave for camp at 7:30 am, 8:00 am and 8:30 am. Buses arrive back in Ellsworth around 4:30 pm. Parents have until 5:30 pm to pick up their children.

ACTIVITIES

Campers have the opportunity to enhance and learn new skills through a variety of activities. We have invested in a dedicated staff, many of whom are trained in specific skills, including Arts and Craft Specialist, Environmental Education Coordinator, Waterfront Director, Archery Director and BB Gun Safety Instructor. We offer boating, swimming, archery, arts & crafts, drama, fishing, hiking, team sports, science experiments and much more. The activities are designed to challenge the camper, encourage teamwork skills as well as allow the camper to express his/her individuality.

Scamper Camp – Pre K

For children entering kindergarten in the fall of 2015. Children not enrolled in our preschool programs must be five years old by June 22nd. Enjoy a summer camp program with a strong focus on kindergarten readiness skills emphasizing social/emotional relationships, arts and crafts, reading readiness, physical development, and community awareness. Children enrolled in Scamper Camp will have opportunities to visit our YMCA Summer Camp on Webb Pond each week as well as weekly field trips to attractions in and around our community.

DATES: Begins June 22nd through September 4th.
LOCATION: Early Learning Center at the Moore Community Center

PROGRAM COORDINATOR: Brenda Berry

HOURS OF CAMP: 6:30 am-5:30 pm

COST:
Full Week: \$155 member \$160 non-member
2 days: \$80 member \$85 non-member
3 days: \$110 member \$115 non-member
4 days: \$125 member \$130 non-member

Natural Playground Fundraiser

The Down East Family YMCA Early Learning Center is asking for family and community financial support to fulfill a great need among our programs: The materials and the funding needed to construct natural, outdoor play spaces for children and seniors at the newly renovated General Bryant E. Moore Community Center.

Our children spend up to 4 hours a day outdoors. During this time they are the happiest. Seniors enjoy positive interactions with our children and staff during outdoor play.

Currently, over 160 of our children ages infant-5th grade are playing on a surface of dirt and small pebbles with very little plastic, non-sustainable equipment. The equipment we do have is limited and in need of replacement.

We are requesting:
6150 square feet of ForeverLawn synthetic playground grass. This product is safe, non-toxic, and hypo-allergic and maintenance free. Seniors and children will feel sure-footed on the lush surface and will love the natural grass feel. The cost of the product is \$20,000-\$25,000.

Other natural wood elements such as climbing wall, benches, small wooden boats, wooden playhouses, greenhouses, raised garden beds, wooden obstacle courses, and shed roofing for sun protection. The cost of these materials average \$5,000.00

With the proper surfacing, the durability of natural wood play equipment and elements that enhance and entice outdoor discovery for all ages, our playgrounds will be a place where children, teachers, and seniors can play together.

If you would like more information or would like to know how you can help us reach our goal, please contact jmontgomery@defymca.org or call the YMCA at 667-3086.

Friends in Action Senior Center

Friends in Action is able to offer daily programs for seniors (50+) at the Moore Community Center in partnership with the Downeast Family YMCA and the City of Ellsworth. There is no membership fee and Friends in Action coordinates programs for seniors every day. Friends in Action can also provide free volunteer transportation to the Center and for other individual needs. Senior Center programs include:

Friends in Action offers resource information and other information programs. For example, in March we held a community Resource Fair for seniors. In May we are planning a "Lunch & Learn" on senior safety, including information on telephone and internet fraud (date to be announced).

For the complete Senior Center schedule, call 664-6016, visit us at the Moore Community Center (8:00 – 5:00). Our current schedule is also on our website, www.friendsinactionellsworth.org.



INFANT CARE Coordinator: Courtney Wood Appropriate for children age 6 weeks to 12 months. 2 days \$117 for members, \$122 non-members 3 days \$137 for members, \$143 non-members 4 days \$170 for members \$175 non-members 5 days \$200 for members \$205 non-members	EARLY PRESCHOOL CARE Coordinator: Sheena Coffin Appropriate for children age 2 1/2 to 3 1/2 years. 2 days \$92 for members, \$97 non-members 3 days \$118 for members, \$123 non-members 4 days \$140 for members, \$145 non-members 5 days \$165 for members, \$170 non-members
EARLY EXPLORER CARE Coordinator: Courtney Wood Appropriate for children age 12 months to 18 months. 2 days \$112 for members, \$117 non-members 3 days \$133 for members, \$138 non-members 4 days \$150 for members \$155 non-members 5 days \$190 for members \$195 non-members	PRESCHOOL Coordinators: Tracy Dowling Appropriate for children age 3 1/2 to 5 years. 2 days \$80 for members, \$85 non-members 3 days \$110 for members, \$115 non-members 4 days \$125 for members, \$130 non-members 5 days \$155 for members, \$160 non-members
TODDLER CARE Coordinator: Shauna Esposito-Caldwell Appropriate for children age 18 months to 30 months. 2 days \$107 for members, \$112 non-members 3 days \$128 for members, \$133 non-members 4 days \$145 for members, \$150 non-members 5 days \$180 for members, \$185 non-members	KINDERGARTEN PREP – NEW 8:00 am - 12:30 pm For children entering Kindergarten in the fall. This program provides classroom experience designed to prepare children for school. Swim lessons included! Full week \$85 for members, \$90 non-members AFTERNOON PRESCHOOL 12:00 pm - 5:30 pm Full week \$85 for members, \$90 non-members

YOUTH SPORTS

Youth Sports Director: Shane Lowell
slowell@defymca.org

Summer Soccer

Beginning July 7th

Ages: U8 and U11
Season Information: players will meet every Tuesday and Thursday and practice/scrimmage for 4 weeks.
Cost: \$20

Ignite Girls Soccer Clinic

EHS Girls Varsity Coach Katye Lacasse and EMMS Girls Varsity Coach Shane Lowell are teaming up to offer two girl’s camps this Summer. The Ignite Girls soccer clinic will focus on the individual development of players, emphasizing ball control, moves to beat opponents, finishing and other skills. Players will have time set aside to allow them to use their newly learned techniques in a competition against others players in small sided games. The Clinic will help players, beginners and advanced, develop skills needed to enjoy and succeed at the game of soccer.

CAMP DATES:
Session 1—June 29-July 3
8:30-11:30am
Ages 8-10
Cost: \$85

Session 2—July 6-10
8:30-11:30am
Ages 11-14 (no high school players)
Cost: \$110

Register by May 15 and receive a free Ignite Clinic t-shirt!!

Fall Travel Soccer

Tryout Date: Sunday, June 28
Divisions Offered: U9, U10, U11, U12, U13 and U14. Teams will be either boy’s teams or girls teams.
Boys Tryout Time: 12:00-1:30pm
Girls Tryout Time: 2:00-3:30pm
Cost: \$90
Age is the players age as of July 31, 2014 (the U means under)
Season Information: Teams will start practicing in August and practice at least once a week and play games on Sundays starting on August 29.

ASA Softball

Teams will be selected and play in 5 tournaments in June and July. There is no residency requirements for these teams so players from anywhere are eligible to tryout. We are offering this as an added competitive opportunity for those players that desire that.

Age Groups: 10U, 12U and 14U
The age is the players age on December 31 of 2014.
A player who was 10 on December 31 would tryout for the 10U team.
A player who was 11 on December 31 they would be 12U.
Players may tryout for an age group above their age but not below.

10U Tryout Date: Sunday, May 3 from 12:00-2:00pm
12U Tryout Date: Sunday, May 3 from 2:00-4:00pm
14U Tryout Date: Sunday, May 3 from 4:00-6:00pm

Registration Fee: \$225
Fee includes team equipment, full uniform and all tournament entries.



Little League

Opening Day Schedule, May 2rd

9:00am	Opening Remarks	Demeyer 2
9:05am	Player Introduction National Anthem Little League Pledge	Demeyer 2 Demeyer 2 Demeyer 2
10:00am	Home Run Derby Base Running Derby Pitching Competition	Demeyer 2 Demeyer 3 Batting Cage
12:00am	Orioles vs Rockies Cardinals vs Red Sox	Demeyer 1 Demeyer 2
2:00pm	Cardinals vs Giants	Demeyer 2
4:00pm	Red Sox vs Giants	Demeyer 2

Little League Sponsorship Opportunities

DEFY Little League has more than 300 children, ages 4 - 16, participating in America’s favorite pastime. Throughout the summer several thousand people will attend games and practices at the Demeyer Field Complex. Your business can take advantage of the traffic by sponsoring our Little League Program. Sponsoring businesses will also be linked to our website.

SIGN SPONSOR
\$300. Your business will have a 4’ x 8’ sign at Demeyer Field from late April through September.

TEAM SPONSOR
\$500. Your business’ name will be on the back of your team’s jerseys and the team will be named after your business.

TEAM & SIGN SPONSOR
\$700. All the above.

TEAM, SIGN & ALL-STAR TEAM SPONSOR
\$900. All the above plus an All-Star Team sponsorship.

Contact Shane Lowell for more information at slowell@defymca.org.



Gymnastics

Springers Gymnastics Center is proud to provide gymnastics instruction for the DEFY. Springers Gym is a 6,500 sq. ft. facility dedicated to gymnastics instruction to the youth of Hancock County and its surrounding communities. Springers offers programs from walking toddlers to competitive high schoolers. Program are for boys as well as girls. DEFY MEMBERS: Tell us you’re a member of the DEFY, and receive a discount on monthly tuition. Please contact Springers Gymnastics Center directly at 667-0880; email info@springersgymnasticscenter.com.



AQUATICS

Spring Season Session April 27– June 13

Youth Swim Lessons

Swim Lesson Coordinator: Jaime Frost
jfrost@defymca.org

7 Week Sessions – Swim 1 x per week

SHRIMP
Monday 9:00am-9:30am
Tuesday 9:30-10:00am
Wednesday 9:00am-9:30am
Saturday 11:15am-11:45am
\$35 Members, \$50 Supp comm, \$65 non-member per session

PRESCHOOL I
Monday 9:00am-9:30am
Monday 5:35pm-6:05pm
Monday 6:05pm-6:35pm
Tuesday 9:30am-10:00am
Wednesday 5:35pm-6:05pm
Friday 2:00pm-2:30pm
Saturday 10:30am-11:00am
Saturday 11:15am-11:45am
\$35 Members, \$50 Supp comm, \$65 non-member per session

PRESCHOOL II
Monday 5:35pm-6:05pm
Wednesday 9:00am-9:30am
Wednesday 5:35pm-6:05pm
Saturday 10:30am-11:00am
\$35 Members, \$50 Supp comm, \$65 non-member per session

PROGRESSIVE I
Monday 5:35pm-6:20pm
Wednesday 5:35pm-6:20pm
Friday 2:00pm-2:45pm
Saturday 9:30am-10:15am
\$40 Members, \$60 Supp comm, \$75 non-member per session

PROGRESSIVE II
Monday 5:35pm-6:20pm
Wednesday 5:35pm-6:20pm
Saturday 9:30am-10:15am
\$40 Members, \$60 Supp comm, \$75 non-member per session

Homeschool Swim Lessons

Thursday morning lessons.
PRESCHOOL I & PRESCHOOL II & PROGRESSIVE II 9:20am-9:50am
PROGRESSIVE I & PROGRESSIVE II 10:00am-10:30am
\$30

PRIVATE LESSONS

Purchase 6 lessons and receive a 7th free.
Contact Jaime Frost at the Y to schedule your class.
\$15 Members, \$19 Non Members per half hour
\$22 for 2 Members, \$30 for 2 non Members per half hour

Adult Aquatics

ADULT SWIM LESSONS (ALL LEVELS)
Mondays 11:30am-12:15pm Jaime
Wednesday 6:15-7:15pm Jim
Members Free, \$50 supp comm, \$65 non-member

ARTHRITIS FOUNDATION ♥
Tuesday & Thursday 10:30-11:30am Anita & Trudie
Members Free, \$50 Supp comm, \$65 non-member

WATER TONING PLUS ♥♥♥♥♥
Tuesday & Thursdays 6:00-7:00pm Gretchen
Members Free, \$50 Supp comm, \$65 non-member

AQUA FIT ♥♥♥♥♥
Monday, Wednesday & Friday 10:30-11:30am Tina
Members Free, \$63 supp comm, \$78 non-member

H2O WORKS ♥♥♥
Monday, Wednesday & Friday 8:00-9:00am Michelle
Members Free, \$63 supp comm, \$78 non-member

WET STEPPIN’ ♥♥♥
Tuesday & Thursday 8:30-9:30am Liz & Muriel
Members Free, \$50 Supp comm, \$65 non-member

HYDRO-KINETICS ♥♥
Monday, Wednesday & Friday 9:30-10:30am Margaret
Members Free, \$63 supp comm, \$78 non-member

MASTER SWIM TEAM ♥♥♥♥♥
Wednesday 7:00pm-8:00pm Jim
Saturday 8:00am-9:30am Matt
Members Free, Daily user fee for non member

Aqua Aerobic Intensity Guide

- ♥ Gentle level. Perfect for someone looking to increase flexibility.
- ♥♥ Basic level. Stretching & some cardio movements.
- ♥♥♥ Intermediate level. Mostly cardio with some stretching.
- ♥♥♥♥ Advanced level. More intense cardio workout.
- ♥♥♥♥♥ Intense level. Our most challenging classes.

As with any aerobic program, a participant may adjust the level of intensity of each class according to their needs and abilities.

Aquatic Trainings

CPR/First Aid and AED Certification Course
American Red Cross class certifies students for 2 years. Students must be 15 years old. Check our website or Facebook page for updates.
\$65 Members, \$75 non-members

ARC Lifeguarding Spring Break Course – 28hr. Course
April 20- April 27
Sun. April 20th, 12-4pm
Tues. April 22nd, 9:30am-5:30pm
Thurs. April. 24th, 9:30am-5:30pm
Sat. April 26th , 8am-5pm
Sun. April 27th, TBD

ARC Lifeguarding May Course – 28hr. Course
May 22- May 31
Fri. May 22nd, 5-8pm
Sat. May 23rd, 12-6pm
Fri. May 29th, 5-8pm
Sat. May 30th , 12-6pm
Sun. May31st, TBD

Member \$225, Non-Member \$275
(includes CPR mask, manual, American Red Cross Lifeguard, First Aid and CPR for the Professional Rescuer Certifications)
Questions? Contact Jaime Frost: 207-667-3086 ext. 217, jfrost@defymca.org
There is a non-refundable deposit of \$35 for Pre-course evaluation.

Review/Recertification Courses available
Member \$125, Non-member \$150

APRIL BREAK INTENSIVE LESSONS

April 20 – 24

PRESCHOOL I

9:20am-9:50am or 5:00pm-5:30pm

PRESCHOOL II

9:20am-9:50am or 5:00pm-5:30pm

PROGRESSIVE I

8:30am-9:15am or 5:30pm-6:15pm

PROGRESSIVE II

8:30am-9:15am or 5:30pm-6:15pm

\$25 Members, \$30 Non-members

Adult All Levels

8:30am-9:15am or 6:00pm-7:00pm

Free for members

DEFY DOLPHINS SPRING SWIM TEAM & FLIPPERS

Beginning April 27th

The Dolphins will return to the pool the week of April 27th - the end of school.
Contact Coach Matt Montgomery at mmontgomery@defymca.org for more information.

DEFY FITNESS

Adult Fitness Schedule

Fitness Director: Robin Clarke
rclarke@defymca.org

April 27-June 13		
Day/Time	Class Name	Instructor
MONDAY		
5:45am-6:30am	Indoor Cycling	Becca
8:30am-9:00am	Tabata	Robin
9:00am-10:00am	Yoga	Martina
10:30am-11:30am	Cardiac & Pulmonary Rehab	Robin
12:10pm-12:50pm	Zumba Toning	Beth
5:15pm-5:25pm	Guts & Butts	Josh
5:30pm-6:30pm	Zumba	Robin
5:00pm-5:45pm	TRX **	Rhonda
TUESDAY		
6:00am-6:45am	TRX **	Jamie
9:00am-9:45am	TRX **	Kim
10:00am-11:00am	The Active Older Adult	Kim
11:00am-12:00pm	Walking Club - Ends May 21	
12:00pm-1:00pm	Indoor Cycling - Ends May 21	Jan
12:10pm-12:50pm	Jacked Zumba	Robin
4:45pm-5:30pm	Fit Camp	Rhonda - NEW TIME
WEDNESDAY		
5:45am-6:30am	Indoor Cycling	Rhonda
6:45am-7:15am	TRX** Rip Up	Rhonda
8:30am-9:00am	CTC	Kim
9:00am-9:45am	Indoor Cycling	Kim
9:00am-10:00am	Tai Chi	Pamona - NEW
9:45am-10:30am	TRX**	Kim
10:30am-11:30am	Cardiac & Pulmonary Rehab	Robin
12:10pm-12:50	Zumba Toning	Beth
4:00pm-4:45pm	TRX** with	Josh
5:15pm-5:25pm	Guts & Butts	Josh
5:30pm-6:30pm	Zumba	Robin
THURSDAY		
6:00am-6:45am	TRX **	Jamie
9:00am-9:45am	TRX**	Kim
10:00am-11:00am	Active Older Adult	Robin
11:00am-12:00pm	Walking Club - Ends May 21	
12:00pm-1:00pm	Indoor Cycling - Ends May 21	Jan
12:10pm-12:50pm	Jacked Zumba	Robin
5:30pm-6:15pm	TRX**	Josh
FRIDAY		
5:45am-6:30am	Indoor Cycling	Becca
8:30am-9:00am	CTC	Kim
9:00am-9:45am	Indoor Cycling	Kim
9:45am-10:30am	TRX**	Kim - New Time
10:30am-11:30am	Cardiac & Pulmonary Rehab	Robin
12:10pm-12:50	Zumba	Beth
4:30pm-5:15pm	TRX **	Josh
5:30pm-6:15pm	Fit Camp	Josh
SATURDAY		
8:00am-9:00am	Zumba	Kalyn

** Must have taken the TRX Core Fundamentals Class

Child Watch

Child Watch is a free program for members providing parents an opportunity to workout or attend a class (staying in our facility) while their child/children are looked after by staff provided by our Early Learning Center. Members may sign up on Friday for the following week. Non-members may take advantage of the program when space allows for \$2.50 per half hour.

Monday-Friday 8:00am-10:30am

Fitness Advertising

We have an average of 9,000 people come through our doors each month. We are offering a unique opportunity to advertise your business in our facility. We have 2 options for advertising, starting as low as \$50 a month! Contact Robin at rclarke@defymca.org for more information.

Thank you to our Sponsors:

Finn’s Irish Pub
The Maine Guide School
Flexit Cafe & Bakery

Personal Training

FITNESS ASSESSMENTS/ BMI Readings
\$5 for members, \$20 non-members

PERSONAL TRAINING		BUDDY TRAINING (2-3 PEOPLE)	
1 Hour Sessions	1/2 Hour Sessions	1 Hour Sessions	1/2 Hour Sessions
Mem/Non	Mem/Non	Mem/Non	Mem/Non
1 \$38/50	1 \$26/39	1 \$49/62	1 \$34/47
3 \$100/113	3 \$64/107	3 \$133/146	3 \$94/107
8 \$236/249	8 \$140/153	8 \$324/337	8 \$204/217
12 \$316/329	12 \$172/185	12 \$404/417	12 \$254/267

Prices do not include Daily User Fee (see page 12)

Older Adults

CARDIAC & PULMONARY REHABILITATION,
CANCER RECOVERY & PARKINSON’S MANAGEMENT
Mondays, Wednesdays & Fridays
10:30am-11:30am
\$42 per month includes a senior membership
\$57 per month includes a senior couple membership

THE ACTIVE OLDER ADULT
Tuesdays & Thursdays, 10:00am-11:00am
FREE Members, \$40 Supp comm, \$50 Non-member

Upcoming Events

APRIL BREAK WEEK FITNESS SCHEDULE
April 20 - 25
See page 2 for a complete list of our April Break Fitness options!

KAUFMAN 5 K
Saturday, April 25
The 8th Annual Jerry Kaufman Memorial 5 K Run & Walk will take place on Saturday, April 25th. Registration begins at 7:30am. Walkers start at 8:30am, Fun Run for kids at 8:45am and the 5K begins at 9am. Proceeds benefit the Y and Hancock County Home Care & Hospice. Registration forms are available online. See page 1 for our complete 2015 Road Race Schedule.

MAIN STREET MEMORIAL MILE
Monday, May 25th 9:00am
The Annual Main Street Memorial Mile is sponsored by Smile Design. Race day registration takes place at the Ellsworth Area Chamber of Commerce at 7:30am. The race begins at 9:00am and finishes at R.F. Jordan’s on Water Street. \$10 for Eden Athletics Members and \$15 for all others. T-shirts for the first 100 registered.

TAI CHI
WEDNESDAYS 9:00AM-10:00AM
Pomona Shea will be offering an introduction to the SHORT FORM of Tai Chi named TIBETAN WHITE SWAN. Like all Tai Chi, this form enhances balance, muscle tone, tendon lubrication, spine flexibility, and circulation. But it is more than mere exercise. By repeating these moves, blocked synapses of the brain can actually be opened for mental and physical well being. As part of your daily practice of Awareness, your body and mind can heal and find their natural harmony. This form takes very little space to do (unlike Chinese long forms) so is easy to do inside during the winter. Being a short form (27 moves) it is faster to learn than a long form (108 moves), but, repeating it in each of the four directions (north, west, south and east) you have the benefit of a long form. Come see for yourself! The movements are slow and can accommodate most physical limitations. Yet, the exercise can be intense, and offer great benefit.



THE BLUE HILL YMCA

Blue Hill Fitness

CONTACT

Facility phone: 374-2248
Annie Grindal: agrindal@defymca.org
Joy Bragdon: jbragdon@defymca.org.

FACILITY HOURS

Mon.-Fri. 6:00am-7:00pm
Sat. 8:00am-2:00pm
Closed:
Monday, May 25

ALL IN ONE MEMBERSHIP PLANS

DEFY members may add a membership to the Blue Hill YMCA for just \$10 per month for an Adult, One Parent, Young Adult or Senior Membership and \$15 per month for a Family or Senior Couple Membership. Membership upgrades must be paid via draft or in full.

BLUE HILL YMCA MEMBERSHIP

\$29 per month Adult membership
\$39 per month Family membership
\$25 one time Join Fee for Adult or Family membership

TEMPORARY MEMBERSHIP

We are now offering 3 month memberships - No Join Fee.
\$45 - 3 Month Teen membership (ages 14-17)
\$60 - 3 Month Young Adult Membership (ages 18-21)
\$110 - 3 Month Adult Membership
\$160 - 3 Month Family Membership

PERSONAL TRAINING

Prices do not include Daily User Fee for non-members.

One Hour Sessions	Mem/Non	1/2 Hour Sessions	Mem/Non
1	\$38/50	1	\$26/39
3	\$100/113	3	\$64/107
8	\$236/249	8	\$140/153
12	\$316/329	12	\$172/185

ARE YOU LOOKING FOR THE BLUE HILL YMCA’s SCHEDULE?

Please go to www.defymca.org and go to the Blue Hill Schedule drop down. We update our schedule monthly to give you any information or changes in the schedule for that month. You can also LIKE us on Facebook to get the most current up to the minute changes in our facility schedule.

INDOOR CYCLING IS HERE!

Indoor Cycling is HERE!! Come join us and mix up your fitness routine with this 45min, cardio and endurance workout! Stop in to purchase your punch pass and sign up for a class!

Member punch pass \$50 (12 classes)/ Non Member \$75 (12 classes). You must sign up for the classes you are attending due to limited space.

G.E.A.R GROUP CYCLING SCHEDULE

Monday	6:05am-6:50am & 5:00pm-5:45pm
Wednesday	12:45pm-1:30pm
Friday	6:05am-6:50am, 12:45pm-1:30pm & 5:00pm-5:45pm
Saturday	8:30am-9:15am

COME TRY OUT OUR NEW EQUIPMENT!

Due to the continuous support of our members we are excited to announce we have some new equipment! Thank you all!

NEW CLASSES THIS SPRING!

RUNNING CREW

Calling all NEW and seasoned runners! Come enjoy the support of running in a group! Our beginners will enjoy the structure of our 5k running program and our seasoned runners will help inspire you to your running goals! This group will be running OUTSIDE! We will meet at The Blue Hill YMCA at 7:50am Monday and Wednesday mornings!

BH MOUNTAIN ADVENTURE

Come join us on one of the most scenic locations in Blue Hill! Let the scenery inspire you to complete a Blue Hill Mountain Workout. This workout will consist of Functional body movements to help increase your endurance and strength! Meet in the big field across from the Parking lot! Thursday 8:30-9:30am (requirements: Water, Towel and Mat).

Blue Hill Child Care

The Child Care Programs are independent programs supported by the established DEFY Early Learning Center. We have 2 multi-age classrooms.
LOCATION: 15 South St., Blue Hill
P.O. Box 575, Blue Hill, ME 04614

DIRECTOR OF CHILD CARE SERVICES: Crystal Follette
cfollette@defymca.org, 374-2248

HOURS: Monday - Friday, 6:30am - 6:00pm

	TODDLER 18 months- 3 years	PRESCHOOL 3 - 5 years old
Fees:		
2 days per week	\$102	\$75
3 days per week	\$123	\$105
4 days per week	\$140	\$120
5 days per week	\$170	\$145

Our hours of operation are Monday to Friday from 6:30 AM until 6:00 PM. We offer flexible enrollment options that range from 2 days per week to 5 days per week, with morning and afternoon programming available too. Our toddler program focuses on the skills needed to successfully participate in group activities while exploring the world around them. We support language skills, the development of independent skills, processing and cognitive skills; but most of all we move!!! Our Preschool program uses a weekly theme, a letter of the week and a number of the week to build on language skills, early literacy skills, problem solving and cognitive processing skills. Our goal is to create a lifetime love of learning through questions, experience and exploration.



FULL SCHEDULES ARE AVAILABLE
ONLINE AT WWW.DEFYMCA.ORG

MEMBERSHIP, POLICIES & CONTACTS

OUR MISSION STATEMENT

To build strong communities, families and individuals by fostering respect and promoting a healthy spirit, mind and body for all.

CONTACT INFORMATION

P.O. Box 25, Ellsworth, Maine 04605 * Phone: (207) 667-3086 * Fax: (207) 664-0120 * www.defymca.org

FACILITY HOURS:

Monday- Friday
5:30 am - 9:00 pm

Saturday & Sunday
8:00 am - 5:00 pm

THE YMCA WILL BE CLOSED ON:

Sunday, May 24
Monday, May 25

NO SMOKING FACILITY

The YMCA is a
"No Smoking"
facilities.
We appreciate your
cooperation.



2015 Spring Season Newsletter



Kohl, Sam, Cooper & Talor at the YMCA National Short Course Championships in Greensboro, NC

LAP POOL TIMES

Monday/Wednesday/Friday
5:35 am - 8:00 am 6 laps
8:30 am - 10:30 am 2 laps
11:30 am - 1:00 6 laps
1:00 pm -3:00 pm 4 laps
6:15 pm - 8:00 pm Open/ 2 laps

Tuesday/Thursday
5:35 am - 8:30 am 3 laps
9:30 am - 10:30 am 2 laps
11:30 am - 1:00 pm 6 laps
1:00 pm - 3:00 pm 4 laps
6:15 pm - 7:00 pm Open shallow
7:00 pm - 8:00 pm Open/2 laps

Saturday
11:45 am - 1:00 pm 6 laps
1:00 pm - 4:00 pm Open/3 laps

Sunday
8:00 am - 1:00 pm 6 laps
1:00 pm - 4:00 pm Open/3 laps

SCHEDULES

All schedules subject to change without notice.

OUR EASY PAYMENT OPTIONS INCLUDE:

Payment through a monthly bank draft, credit card or ATM card draft or payment in full.
All bank information is kept confidential. Money is drafted on the 1st or 15th business day of the month. For more information please contact Matt Montgomery, the Membership Director, at 667-3086 or via email at mmontgomery@defymca.org.com. A one time **Joiner Fee of \$50** applies to all new Young Adult, Adult, One Parent Family, Senior and Senior Couple memberships. The **Joiner Fee is \$75** for Family memberships. The following prices reflect our monthly dues. Multiply by 12 for annual dues.

	Supporting Community	Non-Supporting Community	Corporate Rate
Youth (13 & under)	\$13	\$15	\$N/A
Teen (14 - 18)	\$20	\$23	\$17
Young Adult (19-23)	\$33	\$38	\$31
Adult	\$42	\$49	\$39
One Parent Family	\$44	\$52	\$41
Family	\$54	\$62	\$49
Senior (62 & up)	\$33	\$38	\$31
Senior Couple	\$42	\$49	\$39

REGIONAL MEMBERSHIP INCLUDES BLUE HILL YMCA

Add \$10 per month for individual, \$15 per month for family. Blue Hill YMCA information is available on page 7.

SUPPORTING COMMUNITIES

Supporting Communities support our YMCA financially each year so that we may provide scholarships to individuals from that community to use our facility. Residents of these communities receive a reduction in membership fees, significant reduction in most program fees and open gym and pool times from 1-4 p.m. on the weekends. Our Supporting Communities include:

Blue Hill, Brooklin, Brooksville, Ellsworth, Franklin, Hancock, Lamoine, Mariaville, Milbridge, Orland, Otis, Sedgwick, Sorrento, Steuben, Stonington, Sullivan, Surry, Trenton, Waltham & Winter Harbor.

MEMBERSHIP RECIPROCITY

Your membership to the Down East Family YMCA can now gain you access to any YMCA in New England. Each YMCA has the right to limit the number of visits per month as well as entrance to certain programs. For more information contact Heidi Tupper at htupper@defymca.org.com

DAILY USER FEE

Individual or families who do not wish to take out a membership may use the facilities by paying the following:

Adults	\$8
Youth	\$3 **
Teen & Young Adult	\$5
Seniors (62 & over)	\$5
Families	\$10
** Youth may not use the weight room.	
Buy a 15 visit pass for \$99!	

WITHDRAWALS

To withdraw from a program and receive a full cash refund, the request must be made in writing prior to the first class. All requests made after the first class may be eligible for a credit at a prorated amount. No request may be submitted after the 2nd class. A \$10 administration fee will be assessed for all cash refunds. Medical excuses will be evaluated on an individual basis.

FINANCIAL ASSISTANCE

The YMCA strives to make its programs and facilities available to everyone who wishes to participate, regardless of the individual's ability to pay. See the Service Desk for an application.

CORPORATE MEMBERSHIPS

A corporate membership is available to any organization that has 6 or more employees with memberships at our YMCA. Those eligible receive a reduction in membership fees, and in some cases the opportunity for payroll deduction for dues, as well as other benefits. Contact Matt Montgomery at mmontgomery@defymca.org.com for more info.

SERVICE CHARGE

All returned checks and drafts will be assessed a \$10 fee. Replacement payment must be paid in cash.



YMCA STAFF CONTACT LIST

Peter Farragher, CEO	pfarragher@defymca.org
Jeanne Wood, Associate Executive	jwood@defymca.org
Robin Clarke, Fitness Director	rclarke@defymca.org
Matt Montgomery, Marketing Director	mmontgomery@defymca.org
Bob Dyer, Facilities Director	defymca@defymca.org
Heidi Tupper, Membership Administration	htupper@defymca.org
Amy Curtis, Moore Center Manager	acurtis@defymca.org
Jess Montgomery, Child Care Director	jmontgomery@defymca.org
Crystal Follette, Child Care Director, Blue Hill	cfollette@defymca.org
Shane Lowell, Youth Sports	slowell@defymca.org
Annie Grindal, Blue Hill	agrindal@defymca.org
Joy Bragdon, Blue Hill	jbragdon@defymca.org
Jaime Frost, Swim Lesson Coordinator	jfrost@defymca.org
Jim Tracy, Youth Development Director	jtracy@defymca.org
Sarah Robinson, Summer Camp Director	srobinson@defymca.org

BOARD OF DIRECTORS

Chairman Stephen Fay <i>Ellsworth American</i>	Harvard Austin <i>Darling's</i>	Amanda Look <i>Camden National Bank</i>
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	Andrew Laslie <i>BHA LLC</i>	Chris Thornton <i>Sheriff Department</i>